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East Cobb Valedictorians **PAGE 10** | Father of the Year **PAGE 8** | Dog Days Race **PAGE 20**

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Comments and stories are always welcome.

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Publisher Cynthia Rozzo (far right) with her children Eleni, Lee and new Walton grad, Nikos Haralabidis.

As I sat at the Kennesaw State University convocation center, waiting for my middle child, Nikos, and his 630+ fellow classmates receive their high school diplomas, I looked around and saw so many familiar faces. From the moms and dads that I have crossed paths with at Chuck E. Cheese, PTA meetings and soccer fields to Nikos' friends and classmates he's had since preschool to the high school teachers and administrators-- we were all settling in to share in this milestone

together. Of course, I was bursting with pride that my son had successfully navigated the trials and tribulations of high school, but I could not help but feel so proud to be a part of this community that values education. I am grateful for the many parents that take the time to volunteer (both inside and out of school) to make this little East Cobb "bubble" a better place, and educators that encourage excellence in academics, sports and so many other worthy causes. My thanks and hugs to all of you who have helped my son directly or indirectly become a wonderful, independent young man ready to launch into the next phase of his life.

This June/July issue is another monthly effort to spotlight East Cobb residents that excel in their fields or are contributing to our quality of life. The outstanding people featured in this edition—from Danny Downing, the EAST COBBER's Dad of the Year (see page 8) to the Rotary Club members putting together their annual Dog Days Run (see page 20) to the high school valedictorians (see page 10)—are right here in our own backyards. I hope after reading this edition, like every edition, you will not only learn a little bit more about what is going on in our community but also be inspired by the people that make East Cobb such a great place to live!

Have a great summer!

Cynthia

Cynthia M. Rozzo
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On the Cover

This month's front cover features East Cobbers Dr. Azi Nia, Owner of Nia Pediatric Dentistry; Dr. Farah Kar and Dr. Farshid Nia, Owners of Braces Braces. Nia Pediatric Dentistry and Braces Braces have joined together to provide East Cobb County with full-service oral health care. The joint venture idea originated at Nia Pediatric Dentistry & Orthodontics in Canton where Dr. Azi provided Pediatric dental care for children, and Dr. Nia provided orthodontic care. Patients felt it was beneficial having both services in one place, so Dr. Frashid Nia and Dr. Azi decided to make that happen in East Cobb. The new offices of Nia Pediatric Dentistry and Braces Braces now share a common building, making the step to getting braces a seamless one.

Nia Pediatric Dentistry and Braces Braces is located at 1111 Johnson Ferry Road in Marietta/East Cobb. For more information, you can read their story on page 6 or visit www.NiaDentstry.com or www.Braces-Braces.com.



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SMILES AVAILABLE AT NIA PEDIATRIC DENTISTRY AND BRACES BRACES



Harry the Hippo and Betsy the Beetle



Nia Pediatric Dentistry and Braces Braces



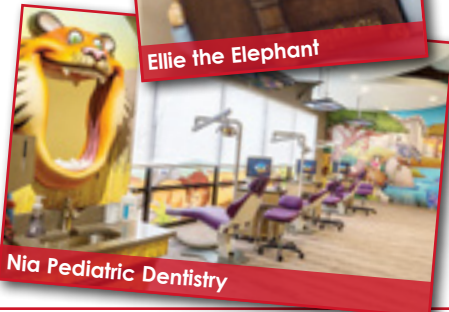
Braces-Braces



Nia Pediatric Dentistry's Infant room



Ellie the Elephant



Nia Pediatric Dentistry

If you see a car with a purple hippopotamus on top or a Volkswagen with braces and eyelashes, give the driver a wave. They are traveling the streets of East Cobb to introduce newcomers to the community. Appropriately named Harry the Hippo and Betsy the Beetle, they respectively belong to Nia Pediatric Dentistry and Braces Braces. These two businesses have joined together to provide East Cobb with full-service oral health care. Located at 1111 Johnson Ferry Road in Suites 100 and 200, their adjoining offices are as creative and inviting as their transportation.

Opening their doors is a tale of “coming home” for the dentist and orthodontists who collaborated on the new locations. Dr. Azi Nia, DMD, Board Certified Pediatric Dentist, of Nia Pediatric Dentistry and Dr. Frashid Nia, DMD, MSD and Dr. Farah Kar, DDS, MS, MSc of Braces Braces live or had lived in the vicinity and wanted to open an East Cobb location. Familiar on both professional and personal levels, these doctors worked toward the goal until it became a reality in April 2017. This is the first joint venture between Braces Braces, which has seven metro Atlanta locations, and a board certified pediatric dentist.

According to Dr. Frashid Nia, who is the Braces Braces clinical director, the joint venture idea originated at Nia Pediatric Dentistry in Canton where Dr. Azi provided dental care for children, and he provided orthodontic care. Patients felt it was beneficial having both services in one place, so Dr. Frashid Nia and Dr. Azi decided to make that happen in East Cobb. The new offices of Nia Pediatric Dentistry and Braces Braces now share a common door, making the step to getting braces a seamless one.

“When there is a need for braces, the patient is examined by Dr. Azi and Dr. Kar on an ongoing basis and will receive braces at the optimal time,” explains Dr. Nia. “Doctors communicate better in this scenario, and the result is a healthy, beautiful smile. Having the dentist and orthodontist under one roof also saves parents time in regards to travel and scheduling.”

The smiles that Nia Pediatric Dentistry and Braces Braces create are just as vibrant when you enter the offices as when you exit. Colorful

and fresh, the office décor simply makes you smile when you walk in. Because it is specifically geared toward children, Nia Pediatric Dentistry is a child's oasis. A blue elephant reading a book greets you in the waiting room along with the ever-running Disney channel and a designated playroom. Wall murals display a different scene at every corner. Although Braces Braces is for all ages (Dr. Kar's oldest patient is 88), its seasonal, fun décor is enchanting as well. With a career in fine arts and architecture prior to becoming an orthodontist, Dr. Kar's love of art is apparent.

When you experience the caring environment and unsurpassed skills that these doctors offer, the smiles continue. Both offices offer the latest in technological advancements and treatments. And just like the doctors, each support team member is committed to ensure that patients receive the best care available.

According to Dr. Azi, she and her Nia support team treat each patient as family. “Parents are welcome to join their children for treatments,” she says. “We also have an infant room where I can examine the youngest patients in a safe, happy environment. From the kid-friendly décor to our ongoing training, everything we do is to create a positive experience for each child.”

In addition to standard pediatric dental services, Dr. Azi also offers hospital dentistry, as well as laser dentistry for infants who have breastfeeding issues.

At Braces Braces, Dr. Ambre Kragor, DDS, MS has joined Dr. Kar at the East Cobb location. As the clinical director, Dr. Nia is also active with every case. Therefore, each patient receives the benefit of the collective opinions of all three highly skilled orthodontists.

“Our goal is to honor everyone's unique smile,” says Dr. Kar. “No cookie cutter cases here. We work with each patient until that person achieves the smile that is just right for him or her.”

If you are looking for a pediatric dentist, orthodontist or just want to see the blue elephant, there is an open house for the community on Saturday, June 3 from 10 a.m.-3 p.m. Stop by both offices at 111 Johnson Ferry Road for kids' activities and an introduction to the staff. For more information: www.NiaDentistry.com or call 770-479-9999; www.Braces-Braces.com or call 770-222-2322.

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DANNY DOWNING: EAST COBBER Father of the Year 2017



▲ EAST COBBER's Father of the Year, Danny Downing, is surrounded by his family in the photo above: Luke Downing, Carole Ann Downing, Danny Downing, Hannah Kate Downing, Linda Downing, and Merry Emily Downing.

Here is the winning essay written by Merry Emily Downing about her dad, Danny Downing:

“My dad, Danny, is one of the greatest men I know and I am very fortunate to call him “Dad” along with my three siblings. He plays a huge role in the East Cobb community by serving as the Sports and Fitness Minister at Johnson Ferry Baptist Church. If he is not at the JF Fields coaching, he can be found either running at the Chattahoochee River or playing tennis with

our neighbors. He is humble. He is caring. He is kind. He pushes us to reach our goals and challenges us to achieve greater. He helps to take our dreams and turn them to reality. He leads our family in the most Godly way and encourages us to always walk closely with the Lord. He allows us to cry and sits with us in our sadness, as well as rejoices with us in our happiness. He deserves to be Father-of-the-Year (although he already is to us!) ”

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EAST COBBER'S Father of the Year 2017 is invited to participate in this year's EAST COBBER Parade. Danny Downing also receives the following gifts donated by local businesses:

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- Barker-Jackson Master Barbers** - A free haircut (Value: \$17)
- Fuji Hana** - \$25 gift card
- Honest-1 Auto Care** - Free oil change
- Jersey Mike's Subs** - Free regular sub
- Lucia's Italian Restaurant** - \$25 gift card
- Marlows Tavern (Sandy Plains Road location)** - \$50 gift card
- Teriyaki Madness** - 2 bowls a month for the next three months. (Value: \$60)
- WZ Tavern** - \$25 gift card
- Camel Car Wash** - Free managers special car wash (Value: \$20)

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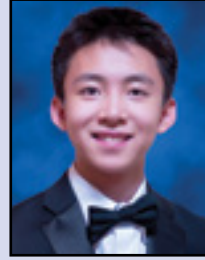
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EAST COBB VALEDICTORIANS CLASS OF 2017



Jonathan Hardy Morris
Kell High School
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Nathan Shaw Wu
Walton High School
College: Yale University



Sarah Elizabeth Nastasi
Lassiter High School
College: Georgia Institute of Technology



Parisa Hosseini
Wheeler High School
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EAST COBBER PARADE

MARCHES ON FOR 22nd YEAR



The 22nd annual EAST COBBER Parade & Festival is scheduled for Saturday, September 16. The day's festivities will be kicked off with the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands, and a cornucopia of East Cobb groups will march down the one-mile parade route.

The EAST COBBER parade will step off at 10am, starting at 1223 Johnson Ferry Road, travel 1 mile south ending at Olde Towne Parkway.

Immediately following the EAST COBBER Parade, at approximately 11am, the EAST COBBER Festival will be held in the south parking lot (across from Olde Towne Pkwy) of Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb.

From 11am to 3pm, the free Festival will feature arts and crafts, local businesses, food concessions, carnival games, and an entertainment stage. The Festival offers East Cobb County residents an opportunity to come together and enjoy an

afternoon of local entertainment, carnival games and good food. Booths will be set up to showcase everything from jewelry to local schools. East Cobb kids will have plenty to do at the EAST COBBER Festival, from getting their face painted to taking a chance at a carnival game to hopping in a moonwalk. Festival goers will also be treated to food from East Cobb restaurants and civic clubs.

Many thanks to this year's sponsors: WellStar and the EAST COBBER. Thanks to their generosity, this special event has become a popular pastime for East Cobb residents.

Come be a part of this very special, old-fashioned celebration – the 22nd annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. If you are interested in marching in the Parade, renting a booth or performing on the Festival stage, call the EAST COBBER at 770-640-7070 or visit www.eastcobb.com/parade. 📞

LASSITER GRADS RETURN TO DAVIS ELEMENTARY SCHOOL IN CAPS AND GOWNS



More than 12 years ago, their parents helped them pack their book bags, snapped photos and kissed them goodbye on their first day of kindergarten. Now, those students are preparing to take the first step into adulthood as they graduate from high school. Before they turn their tassels, dozens of Lassiter High School graduates in caps and gowns returned to the place where they learned how to read and maybe even how to tie their shoes—Davis Elementary School.

Younger versions of themselves lined the school halls May 23 to cheer for the graduates as they walked the Davis halls one more time. The elementary students held hand-made signs congratulating the graduates, some of whom are their older brothers or sisters. A younger sibling

trailed behind the group holding up her own sign to celebrate her sister, who is graduating. An older brother, who is graduating from college, returned to Davis to walk with his little brother, who is graduating from Lassiter. The Lassiter valedictorian, Sarah Nastasi, led the group of graduates, which included her triplet brother and sister.

"It is nice to see all the smiling faces," said Sarah. "I know a lot of the kids because I coach them for [swimming] summer league. So it is nice to see them."

Sarah was also happy to see some of her elementary school teachers. One of Sarah's favorite teachers, Anne Ward, retired four years ago but returned to Davis to see the students she taught so many years ago. "I wouldn't miss this for the world," Ward said. Ward can still recall some of the projects the graduates did in her art class. "It is great to see these kids grown up," Ward added. "I remember teaching them as they grew from kindergarten through fifth grade, and it is so nice to come back and see that they really made it to graduating from high school."

Cindy Hill, who taught music at Davis for 25 years, also stopped by the school to see her young musicians all grown up. "It is a lot of fun for a teacher to be able to see what they have become, find out where they are going to school and to keep up with future plans," Hill said. She described the graduate walkthrough as a reunion for the kids, teachers and parents.

Sarah, who plans to attend the Georgia Institute of Technology and major in environmental engineering, had some advice for the current Davis Elementary students. "Work hard but still have fun," the Lassiter valedictorian advised. "It goes by a lot faster than you think it would." 12

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LASSITER BOYS LACROSSE TEAM WIN STATE CHAMPIONSHIP



On May 20, the Lassiter Trojan LaCrosse team beat the undefeated Lambert High School Longhorns to a 10-5 victory and Georgia 6A-7A State Championship title! The Trojans avenged last year's state championship loss to Lambert High School. Way to go Trojans! The Lassiter LaCrosse team is pictured above right after the state championship game. The Lassiter LaCrosse team members are: Ryan Bruckman, Cooper Conrad, TJ Conrad, Davis Dickson, Justin Edwards, Eli Ensor, Zane Hodges, David Hovis, Charlie King, Perry Kramer, Morgan Lilly, Dom MacJack, Trevor Massung, John Michael McCormack, Nolan

Moon, Choice Mostellar, Murphy Mostellar, Chase Neely, Sami Obeidat, Tyler Oglesby, Tyler Pagter, Zach Parsons, Ben Perry, Casey Perry, Colvin Prosser, Kyle Ronis, Colson Smith, Aidan Stark, Kyle Syvarth, Omari Turner, Alex Venturino, Dylan Walters, Charlie Wyman, and Zane Zacharias. Director of Lacrosse is Adam Bruckman, Head Coach Chuck Goddard, Assistant Coach Dillon Gross, Assistant Coach Alex Crawford, Assistant Coach TJ Kemp, and Assistant Coach Stephen Welch. LaCrosse team managers are: Savana Stewart, Grace Statome, Erica Rademacher, and Mary Kate Rogers. 🏆



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THE EFFECTS OF DRUGS ON A TEENAGER'S TEETH

Living in the affluent East Cobb area not only provides our young adults with many cultural and educational opportunities but also, unfortunately, easy access to drugs and alcohol, the use of which can wreak havoc on the teeth and gums (not to mention the brain and the rest of the body!) There are many drugs that can have such deleterious effects, but I'll focus on three more common ones among teenagers: alcohol, marijuana, and methamphetamine.

Alcohol users are at greater risk of developing cancer in the mouth, throat and esophagus – as well as having tooth decay from the increased exposure to sugars and acids within the drink and from the drying effects of the alcohol on the oral tissues. People with alcohol abuse problems have been shown to have a higher incidence of periodontal disease, tooth decay and potentially precancerous oral lesions.

Marijuana abusers generally have poorer oral health than non-users, with an increased risk of cavities and periodontal disease. Marijuana smoke acts as a carcinogen and is associated

with pre-malignant lesions within the oral tissues. Users are also prone to oral infections, possibly due to suppression of the immune system.

Methamphetamine users are known for having “meth mouth” – severe decay and erosion of the teeth. The primary compound in meth is anhydrous ammonia (farm fertilizer), along with lithium (from batteries), and lighter fluid, as well as other ingredients which are very acidic causing aggressive erosion of enamel, damage to the gum tissue, and destruction of dental restorations. This drug also causes dry mouth which leads to tooth decay - in a distinctive pattern often seen on the smooth surfaces of the teeth and the in-between surfaces of the front teeth. The rampant cavities seen in “meth mouth” can also be attributed to lack of a user's concern about oral hygiene combined with teeth grinding and a craving for carbohydrates and sweets. Meth causes the vessels that supply blood to oral tissues to shrink, and the reduced blood supply causes tissues to break down and die.

Alcohol, Marijuana, and Methamphetamine are dangerous drugs for people of any age, but teenagers are still developing physically. The developing body is much more sensitive to the effects of drugs. And drug and alcohol use change the priorities of a person's life. Instead of caring for their health, most users spend their time caring for their drug habits. Unfortunately, many teenagers believe they are in control and do not see their drug use as a problem.

Your teenager's dentist may be the first healthcare professional to notice potential drug abuse by observing changes in the condition of the mouth during a dental exam.



Dr. Cristi Cheek is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

2872 Johnson Ferry Road • 770-993-3775 • www.cheekdental.com



PAID ADVERTISEMENT



▲ Pictured above are the East Cobbers that participated in the American Ninja Warrior TV show; Ryan Stratis, Kevin Carvone, Michael Poston, Nick Patel, Glenn Davis (gym co-owner) and Amy McCall. Not in photograph: Kara Birch.

LOCAL NINJA WARRIORS COMPETE ON NATIONAL TV SHOW

On Monday night, June 26, at 8pm, tune in to *American Ninja Warrior 2017* on NBC to see some of our very own East Cobbers and others in the area as they compete in a series of challenging obstacle courses. A team of six athletes from Ninja Quest Fitness, which is a training facility that's located at 3910 Canton Road in East Cobb, traveled to Daytona Beach, Florida for the competition in April. (This event is the one to be aired on June 26th.) The Daytona Beach competition is one of six qualifying regional city events around the country that leads to a national final in Las Vegas, which will be televised later in the summer. The winner of it all takes home \$1 million.

Ninja Quest Fitness Co-owner Glenn Davis, who has competed on the show in past seasons and now tests obstacles for the show, joined the competitors in Daytona Beach. According to Davis, the TV producers typically receive around 70,000 video submissions. These videos demonstrate an athlete's ability to tackle strenuous obstacle courses in a given amount of time. These obstacles test skills such as balance, side-to-side movement and wall climbing endurance. Each of the six qualifying city events accepts 100 competitors, and then fifteen from each city continue on to the finals.

How did Ninja Warriors make it to East Cobb? It all started with Davis. After competing in the show several years ago, Davis, who was a gymnastics instructor, saw a real

need for a local gym that could offer obstacle training skills.

"Ninja Warrior competition started as a television show in Japan in the late '90s and then caught on in the U.S.," explains Davis. "The American Ninja Warrior show is starting its ninth season, but our gym offers more than training for the show. Ninja Warrior is a new means of fitness and has become a sport in its own right. It's about overcoming obstacles for both adults and children and doesn't depend on ability, age, weight or height."

With the help of co-owner Cristine Henderson, who runs the facility's operations, Ninja Quest Fitness has been open for about two years, with 200-300 individuals training at the facility each week. According to Henderson and Davis, it's the biggest training facility of its type in Georgia and one of the best in the country for Ninja Warrior training. Four of the six athletes who you will see compete on TV are full-time trainers at Ninja Quest Fitness, while the other two teach classes as well. They are: Kara Birch, Kevin Carvone, Amy McCall, Nick Patel, Michael Poston and Ryan Stratis. Out of these competitors, Stratis made it to the finals in 2016. Because the show has not aired yet, this year's regional results can't be revealed.

Be sure to watch NBC on June 26th to support our local athletes as they strive to be the next winner on American Ninja Warrior. 📺

EAST COBB ROAD CONSTRUCTION PROJECTS

Paper Mill Road and Woodlawn Traffic Light

The Cobb County Water Authority Project is moving quickly along Lower Roswell Road with more of the road-way opening up to two lane traffic. After looking at various options Commissioner Ott has asked DOT to change the traffic lights at Paper Mill and Woodlawn roads to a blinking red 3 way stop (previous configuration) which will require all cars to stop and proceed one at a time.

Paper Mill Road & Terrell Mill Water Project to start June 5

The Cobb County Water Authority has completed its pipeline installation along Lower Roswell in the vicinity of Paper Mill, water service to that general area of Cobb County should be much more reliable. Because that pipeline is now in a different location, the Cobb County Water System must upsize the existing 8-inch line along Paper Mill Road to accommodate the realignment. This project includes about 2,600 linear feet of 12-inch pipe installation along the south side of Paper Mill Road between Terrell Mill Road and Shadowlawn Road. It is anticipated that only the 600 feet closest to Terrell Mill will actually be in a travel lane. A third lane is available for most of that 600 feet Barring

technical issues of problematic weather, this portion of work should be completed during the first two weeks of June. The contractor is being allowed to work extended hours (7am to 7pm) so that they can complete this section as quickly as possible. This work is scheduled to begin June 5th to ensure that there will be minimal traffic impacts while school is in session. The remainder of the work is to be completed by the end of September. While there will be construction traffic in the area during this period, no lane closures are anticipated. Once the work is complete, water service in the entire area should be more reliable and capable of meeting growing water demands. The crews plan to work through the day on Saturday and be off on Sunday.

Little Willeo Road Closed for Bridge Replacement

Little Willeo Road will be closed from May 25 to July 28 for the replacement of the bridge over Timber Ridge Branch. As part of the replacement, pedestrian accommodations will be added to the bridge to connect the recently constructed sidewalks on either side. 🚶

This information was reprinted from Cobb County Commissioner Bob Ott's E-newsletter.

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NEWCOMERS CLUB HOLDS HOLLYWOOD GLAM PARTY



▲ Val Rogers & Linda Whitacre



▲ Martina Butler & Vi Naughtle-Thomas



▲ Janet Sherman & Tracy Reynolds



▲ Vi Naughtle-Thomas, Val Levitt & Dotti Catini

The Newcomers Club of Cobb County held their Installation Luncheon last month at the Sibley Forest clubhouse. Their annual installation luncheon inaugurated the new Executive Board members. The club selects a different theme every year. This year, they chose the theme Hollywood because, as member Dotti Cantini shares, "we consider our board and activity chairs, stars of the club."

Newcomers of Cobb County, is a women's social club that offers an open door to making new friends. The purpose of the club is to aid in the development of friendships among residents in the community and to participate in social activities. The "New" in our name means any new phase of your life. Newly retired? Newly single? New to the area? New Empty Nester? Find out more about the club on their website: www.newcomersofcobbcounty.com. They welcome new members and want to meet you! You are invited to join our monthly general meetings, on the third Tuesday of the month from September through May. The club meets at 10am at John Knox Presbyterian Church, 505 Powers Ferry Road in Marietta /East Cobb. There are no meetings in June or July. ☺



▲ Linda Whitacre

**EAST COBBER's
Frugal FunMom
Is Here to Help Your Family
Beat the "I'm Bored!"
Summertime Blues**



**Frugal
FunMom**

It's time to kick off summer fun in East Cobb! EAST COBBER's Frugal FunMom is back again this summer with more affordable activities to keep the whole family off the couch. Moms and dads can make family memories throughout the summer by checking the EAST COBBER Facebook page for a Frugal Fun Mom "activity of the day" that is FREE or inexpensive. Be sure to check eastcobber.com's blog every Thursday night for a weekly summary of family-friendly and budget-friendly activities to help you plan your upcoming week. Have a great summer!

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EAST COBB ROTARY CLUB'S DOG DAYS RUN RAISES MONEY FOR LOCAL CHARITIES



Honoring the heat and humidity of late Summer, the public is invited to the 12th annual Dog Days 5K Run on Saturday, July 29th. Produced by the Rotary Club of East Cobb, the big event kicks off at 7:30am. Everyone is welcome to run, jog or walk the race. There will be good music, great food and lots of prizes and giveaways! There will be bounce houses for the kids and plenty of food and fluids for all entrants, plus lots of awards and a cool commemorative 12th Annual Dog Days shirt! This is a family-friendly and pet-friendly race so the public is encouraged to bring their families and dogs to enjoy the race. Returning for this year's race is the refreshing fire truck hose spray at the end of the race to help cool the runners down!

Over the years, the Rotary Club of East Cobb has donated more than \$500,000 from the race proceeds to local and international service projects. 100% of the Dog Days Race proceeds support more than 20 local/international non-profits, including YMCA, Center for Family Resources, School Mates Literacy Project, Camp Horizon, Aids Awareness, Walton Robotics, Project Mail Call, Recognition Awards for Cobb County Public Safety and Kids2Leaders, just to name a few. "Join us for a fantastic race and fun activities, while at the same time making a difference in our community," says Rotary Club President Jerry Johnson.


This year's Dog Days 5K Race once again returns to the McCleskey-East Cobb YMCA, 1055

East Piedmont Road in Marietta/East Cobb and is once again a USATF certified 5K course.

A cash prize of \$125 will be given to top male and female finisher in the following categories: Open, Masters (40-49), Grand Masters (50-59) and Seniors (60+). Medals will be awarded to the top 3 finishers in the following categories: 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

This year the pre-registration fee is still \$20 and must be received by July 22rd, 2017, which makes it the best value of any East Cobb race (\$30 Race Day). There is a \$30 fee to be a "Phantom" Runner. If you are unable to run, but want to support this event, please register as a "phantom" runner. A t-shirt will be mailed to you after the race.

To register for the 12th Annual Dog Days Race, visit www.DogDaysRun.com and click on the Active.com link. For more information, contact Jerry Johnson at jerry.johnson@perspectiveeng.com or 678.207.6659.

Rotarians are business and community leaders who take an active interest in service to our community. The motto of Rotary International is "SERVICE ABOVE SELF," and the members of the Rotary Club of East Cobb exemplify this statement in their business activities and daily lives. The Rotary Club of East Cobb meets every Wednesday at 7 am at the Indian Hills Country Club, 4001 Clubland Drive in Marietta/East Cobb. For more information about the club, visit EastCobbRotary.com. 

Join the Fun at the 12th Annual Dog Days Run!

Saturday, July 29, 2017

5K & Tot Trot W/ Awards Ceremony

Drone Camera Coverage | Fire Truck Spray Cool Down

CASH PRIZES to top finishers | CHIP DEVICES for all runners

Benefits Rotary Club of East Cobb service projects such as: School Males Literacy Project, Canine Assistance, Aids Awareness, The Center for Family Resources, Cobb County Public Safety, Kids2Leaders Inc.

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Event Information

\$20.00 Pre-registration -by July 22, 2017

\$30.00 Race Day -July 29, 2017

\$30.00 "Phantom" Runner

Location Start/Finish:

McCleskey-East Cobb YMCA

1055 East Piedmont Road

Marietta, GA 30062



Easy Registration

Online at:

www.active.com

In person at Big Peach Running Co.

1062 Johnson Ferry Road

Marietta GA 30068

Phone: 770-579-0444

By mail using the form below (entries

must be received by July 22, 2017;

Race day registration available.

Start Times

6:30am Registration Opens

7:30am Dog Days 5K

8:30am Tot Trot

8:40am Awards Ceremony

Please send check & entries to: Rotary Club of East Cobb | PO Box 72081 Marietta, GA 30007-2081

Name (please print clearly) _____

Address _____

City/State/Zip _____

Phone _____

Gender M / F Age as of July 29, 2017 _____

E-Mail (for reminders & updates) _____

Circle shirt size: youth medium adult small adult medium adult large adult x-large

For and in consideration of the Rotary Club of East Cobb ("RCEC") accepting my entry as a participant in Dog Days Run on July 29 2017, the sufficiency of which is hereby acknowledged, I, do hereby release, remise, discharge and hold harmless RCEC and the YMCA of Metro Atlanta ("YMCA"), their officers, agents, members, sponsors, affiliates, servants, employees, successors, and assigns from any and all liability, claims, demands, suits, actions, causes of action and any consequences of every kind or nature for injury to me or to my property or, if applicable, to my minor child, relating directly or indirectly to my affiliation with or participation in the Dog Days Run Event ("Event"). I hereby acknowledge my understanding that participating in a running or walking event such as this can cause short or long term injury, illness or death. It is further understood and agreed that this release is intended to and does cover all actions, causes of action, claims and demands by reason of any damage, loss or injury, known or unknown, which arise out or are related to or may be traced either directly or indirectly to the Event no matter how remotely they may be related to the Event. Registration on line or my signature evidences my understanding and acceptance of the above.

Participant's Signature _____ Date _____

Parent/Guardian's Signature if not 18 _____ Date _____

Contact Information

www.DogDaysRun.com



Rotary Club of East Cobb

Jerry Johnson

jjohnson@perspectiveeng.com

Des Yawn

d.yawn@comcast.net

www.EastCobbRotary.com

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It's not too late to add your company to the 2017 Dog Days Run Sponsor list. Ask for a Sponsor Packet today!

EAST COBBER TO LEAD THE ATLANTA WOMEN'S FOUNDATION

The Board of Directors of The Atlanta Women's Foundation (AWF) is pleased to announce a planned leadership succession for the 2017-18 fiscal year that will begin on July 1, 2017. Kari Brown Love, Vice-President of Development and Communications will become the organization's CEO. The organization will continue to follow its current strategic approach to fundraising, board development and collective impact funding to overcome the identified barriers that hold women and girls in the cycle of poverty.

Kari Brown Love joined The Atlanta Women's Foundation in February 2014 as Vice President of Development and Communications, continuing her 23-year career as a leader in the Atlanta non-profit and broadcast communities. Kari Brown Love is a native East Cobb, having lived here her entire life. She attended Brumby Elementary and graduated from Wheeler High School. She is married to Robbie Love. They have two children – Robert, 10, and Anna Grace, 7, who both attend Eastvalley Elementary School.

Over the past four years, AWF has been on a trajectory of successful fundraising, producing record events like the 2016 Numbers Too Big to Ignore luncheon that raised nearly \$1.1 million to fund programs and services



▲ Kari Brown Love (Credit: Greg Mooney)

that help move low-income Atlanta women and girls into economic self-sufficiency.

Of great note is the impact AWF now has on the community. In 2016, AWF empowered over 3,304 women & girls with new skills, training or mental health support through of our strategic grant making. In addition to grant making, AWF advocated for policy change by illustrating the economic case to increase childcare subsidies for families in need. AWF, working in concert with other organizations, prompted changes in state policy to expand childcare subsidies. AWF also trained more than 167 women through their Women on Board program to sustain a greater community impact by increasing the number of women serving on nonprofit boards. 🌟

*Get the Scoop on
East Cobb!*

visit

eastcobb.com

A great place to find the latest community news.

EAST COBB RUGBY CLUB IS BEST IN STATE



▲ Pictured above are: Front row (L-R): Clyde Ball, Lassiter High School; Declan Wilson, Lassiter High School. Middle row (L-R): John Gauger, Pope High School; Bryce Bermudez, Pope High School; Jared Ryley, Lassiter High School; Ryan Finke, Pope High School; Benjamin Woolford, Pope High School; George Purdy, team Captain, Pope High School; Anas Abdullah, Sprayberry High School; Orion Haniford, Lassiter High School; Connor Throop, Lassiter High School; Luke Osborn, Pope High School and Charlie O'Neil. Back row (L-R): Javier Luna, Walton High School; Viktor Berbek, Walton High School; Anthony Rodriguez, Pope High School; Brice Daniels, Lassiter High School; Landon Roberts, Lassiter High School; Jake Duffy, Pope High School; Brendon Daniels, Lassiter High School; Joey Briff, Walton High School; Issac Hubbard, Wheeler High School; Nick Mccoy, Walton High School; Carson Dahl, Lassiter High School and Bryan Aklen.

The East Cobb Rugby Club defeated Alpharetta Phoenix 26 – 0 in the state final played at Life University on April 21. The victorious team was formed this season with players from a number of Cobb County schools and the players have improved their passing, running and tackling skills and built a strong camaraderie and spirit throughout their 12 win and 2 loss season.

The East Cobb Rugby Club plays in the Georgia Rugby Competition and the Mid South Interstate Rugby

League between December and April each season. Rugby is the fastest growing contact sport in the USA. East Cobb Rugby Club currently supports teams at U14, U16 and U18 levels and is working hard to develop more teams at U10, U12, U14, U16 and U18 age groups. There will be an Introduction To Rugby clinic on Saturday, June 10 (for players in the U10, U12 and U14 age group) at Walton High School. For more information, contact Quincy Aklen at eastcobbrugbyclub@gmail.com. 📞

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FOURTH OF JULY FESTIVITIES

Our nation's birthday is celebrated coast to coast with fireworks, picnics and festivals. Metro Atlanta is no different. Several cities have Fourth of July events that offer a fun time for your family. Here are some great ways to celebrate Independence Day that are just a short drive away:

★ ACWORTH – July 4

Concert and Fireworks sponsored The City of Acworth and the Acworth Business Association. Live music will start at 4pm. Fireworks will begin at approximately 9:30pm. Food vendors will be on site. Free admission. Free shuttle service starting at noon available from Downtown Acworth. Located at Lake Acworth Beach at Cauble Park, 4425 Beach Street, Acworth. More info: 770-917-1234 or visit www.acworthparksandrecreation.org.

★ ALPHARETTA- July 4

Celebrate Independence Day with family and friends at Wills Park! Live music starts at 6pm, featuring local bands: Alpharetta City Band and Serious Business. The spectacular fireworks display begins at dusk. Fireworks will be shot regardless of the weather conditions. Wills Park, 1825 Old Milton Parkway, Alpharetta. More info: 678-297-6130 or www.alpharetta.ga.us.

★ DUNWOODY- July 4

Annual Dunwoody 4th of July Parade hosted by the Dunwoody Homeowners Association and the Dunwoody Crier newspaper. Begins at 9am. Features marching bands, local celebrities, and floats. Festival with live entertainment, activities, children's area, and Dunwoody United Methodist Boy Scout barbeque. Parade starts at the intersection of Mt. Vernon Road and Jett Ferry Road, follows west on Mt. Vernon to Dunwoody Village at 5483 Chamblee Dunwoody Road, Dunwoody. Spectators are encouraged to set up chairs along Mt. Vernon and Dunwoody Village Parkway. This year's theme: A Small Town in a Big City. More information: 770-354-7653 or www.dunwoodyga.org.

★ EAST COBB – July 4

Membership Appreciation Day hosted by Indian Hills Country Club (IHCC) featuring fireworks at dusk. IHCC allows the community to come by and grab a seat on the lawn and enjoy the fireworks extravaganza. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb.

★ KENNESAW – July 1

Star Spangled Spectacular Saturday and Family Fun Festival sponsored by Kennesaw State University. This annual event features a family fun festival followed by a patriotic concert with performances by the KSU Big Band and KSU Summer Orchestra, closing with a spectacular fireworks finale. Pre-concert family festival activities start 4pm. Concert begins 7:30pm. FREE. Kennesaw State University Campus Green, 565 Cobb Avenue. More info: arts.kennesaw.edu or sallylit@bellsouth.net.

★ KENNESAW – July 3

Salute to America, a pre-Independence Day celebration, will feature high-energy, live music and family entertainment from 6-10pm in Downtown Kennesaw. Fireworks begin at 9:30pm. Free admission. Blankets, chairs and coolers allowed. Tables for 6 available for rent at \$75. Food and beverages for sale. No alcohol. The Depot, 2828 Cherokee Street, Kennesaw. More info: 770-422-9714 or www.kennesawjuly3.com.

★ MARIETTA – July 4

Fourth in the Park Celebration presented by Marietta Parks and Recreation. Parade starts 10am at Roswell Street Baptist Church, 774 Roswell Street SE, Marietta, and ends at Marietta Square/Glover Park. Followed by concerts, museum tours, arts and crafts show, food, carnival games. Fireworks finale at 9:30pm in Glover Park/Marietta Square. More info: 770-794-5601 or www.mariettaga.gov.

★ POWDER SPRINGS – July 4

Independence Day Celebration featuring live entertainment by the Glow Band, children's activities, food and fireworks at dark. 7pm-10pm. Historic Town Square, 4488 Pineview Drive, Powder Springs. More info: 770-943-1666 or www.cityofpowdersprings.org.




>>Thanks for reading the East Cobber! Be sure to support our advertisers!<<

★ **ROSWELL – July 4**

3rd Annual Barbeque and Bluegrass 4th of July Celebration on the grounds of Barrington Hall. The King Family, who built Barrington Hall, held a 4th of July Barbeque for their friends and neighbors in the 1800's. Their tradition is re-created with live music, barbecue, beer, soft drinks and desserts for sale. A children's area will feature games and crafts. Free. 10am-4pm. Barrington Hall, 535 Barrington Drive, Roswell. More info: 770-640-3855 or www.roswellgov.com.

Annual Fireworks Extravaganza presented by the City of Roswell. Live entertainment, children's carnival, and food trucks. The fun starts at 5:30pm. Fireworks at dark. Roswell High School football field, 11595 King Road, Roswell. More info: 770-641-3705 or www.roswellgov.com.

★ **WOODSTOCK – July 4**

Freedom Fest begins at 10am with a parade starting at Woodstock Elementary, 230 Rope Mill Road, traveling down Main Street to Sam's Club at Hwy 92. Food vendors, children's activities, musical entertainment, and crafts until 3pm at The Park at City Center, 101 Arnold Mill Road, downtown Woodstock. Fireworks begin at dusk behind the Target Shopping Center at Hwy 92 and I-575. More info: www.woodstockga.gov. 



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CONGRESSIONAL DISTRICT 6 RUNOFF ELECTION SET FOR JUNE 20



Jon Ossoff (D)



Karen Handel (R)

The Congressional District 6 race is heading to a June 20 runoff election between Democrat Jon Ossoff and Republican Karen Handel. The two were the top vote-getters April 18 among 18 candidates (11 Republicans, 5 Democrats, and two independents) seeking to replace Republican Tom Price. Tom Price resigned his Congressional seat to be sworn in as United States Secretary of Health and Human Services on February 10.

Ossoff received 48.1 percent of the vote, just short of the 50 percent threshold needed to win the seat, so he will face Karen Handel, the top Republican vote-getter, in the June 20 runoff.

Ossoff earned 93,911 of the 193,483 ballots cast in the three-county district, which had an overall turnout of 43.5 percent for the special election. That gave Ossoff, who needed a simple majority to win outright, slightly more than 48.5 percent of the votes cast. Handel was second in the field with 37,993 votes, or 19.6 percent of the total cast, to qualify for the runoff.

Ossoff, whose occupation is listed as an investigative filmmaker, was also a former aide to 4th District U.S. Rep. Hank Johnson. For more information about Jon Ossoff, visit electjon.com.

Former Georgia Secretary of State and former chair of the Fulton County commission, Karen Handel heads up Handel Strategy Group. For more information about Karen Handel, visit karenhandel.com.

STATE SENATE RUNOFF RESULTS



Dr. Kay Kirkpatrick (R)



Christine Triebisch (D)

Dr. Kay Kirkpatrick, a Republican, defeated her Democratic opponent, attorney Christine Triebisch in the State Senate District 32 runoff election held last month. With 100% of precincts reporting, Kirkpatrick won with 17,571 votes, or 58.2 percent, and Triebisch earned 12,617 votes, or 41.79 percent, according to unofficial results from the Cobb County Board of Elections website.

The two were the top vote-getters April 18 among eight candidates (5 Republicans and 3 Democrats) seeking to replace Republican Judson Hill. Judson Hill resigned his State Senate seat to run for the District 6 Congressional seat.

According to the State of Georgia's Campaign Contribution Disclosure Report (filed 6 days before the runoff election), Kay Kirkpatrick received \$447,000 in contributions and spent \$395,910.24. By contrast, Christine Triebisch received \$41,283.59 in contributions and spent \$21,834.31.



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WALTON LADY RAIDERS **STILL STATE CHAMPS!**



Walton High School's Women's Tennis team breezed through the State playoffs, clinching their fifth State Championship in a row and their 19th since 1989! Way to go, Raiders! Pictured above are: Front Row (L-R): Grace Gaskins, Sutton Keisler, Coach Anthony Foti, Liz Norman, Maggie Connolly, and Samantha Buyckx. Back Row (L-R): Emily Gaskins, Alli Shaw, Maryam Shokry, Samantha Brener, Gracelyn Thrash, Shelby Martin, Monet Kay, and Reilly Surdykowski. 🏆

WALTON GIRLS SWIM & DIVE TEAM **WIN STATE CHAMPIONSHIP**



These girls did such an awesome job not only winning state, but they dominated with an amazing 123 point difference, which has not happened since 2009. The Walton Girls Swim & Dive team has not won the State Team Championship title since 1988. Members of the Walton Girls Swim and Dive Team are: Evan Arsenault, Abby Belinski, Mackenna Buchanan, Samantha Carmon, Emma Cole, Ursula Cole, Melissa Cox, Caroline Current, Abby Cushing, Hannah Drilling, Gabbie Gauntt, Anna Heisterberg, Jasmin Hoffman, Ansley Hutcheson, Viviana Lu, Taylor Tischendorf, and Jami Williams. 🏆

2017 *June+July* COMMUNITY CALENDAR

EVERY MONDAY

Garden Tour. Led by Horticulturist Janet Rigsby. Free tour of the historic gardens at Barrington Hall. Begins at the main house back porch. No reservations are necessary. 9:30am. Free. Barrington Hall, 535 Barrington Drive, Roswell. More info: roswellgov.com.

EVERY THURSDAY

Ukulele Club. Come and learn new songs and enjoy playing your Ukulele in a group setting. Players will learn chords and strumming techniques while learning new songs. Family discount – Only \$10 for additional family members. 6-7pm. \$49 for 4 one hour sessions. Jennings Music & Education Center, 3595 Canton Road, Suite 108, Marietta. More info: 770-425-2560 or jenningsmusic.com.

THROUGH JUNE 3

La Gringa, a play by Carmen Rivera. A story of family, identity and belonging as young Maria visits her relatives in Puerto Rico in an effort to get to know her roots. 7:30pm. \$12-\$30. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or theatreinthesquare.net

THROUGH SEPTEMBER 5

World's Largest Inflatable Water Slide. The World's Largest Inflatable Water Slide returns to Acworth. The slide is 36 ft. tall and 175 ft. long. Monday through Friday: 11am-5pm; Saturday, Sunday and holidays: 11am-6pm through Monday, September 5. After July 31, the slide will only be open on weekends and holidays. \$4/person for one slide, \$8/person for unlimited slides for one hour and \$16/person for unlimited slides for one day. \$5 parking fee on weekdays and \$10 on weekends non-city residents. Dallas Landing Park, 5120 Allatoona Drive, Acworth. More info and to make reservations, visit www.acworthslide.com.

JUNE 2-4

Old Dixie Highway Yard Sale. 90 mile yard sale celebrates historic communities along Georgia's Dixie Highway, known locally as Old Highway 41. This annual event is held on the first full weekend of June. From Ringgold to Marietta. Antiques, souvenirs and knick-knacks, classic attractions, food, events and more. 7am-6pm. More info: @DixieHighway90MileYardSale on Facebook.



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JUNE 2 & JULY 7

Marietta Square Art Walk. Enjoy an evening of shopping, dining, and a variety of arts & culture, around the charming streets of the Marietta Square. Top local dance, musical, visual and performing artists share their talent in front of the many boutiques, restaurants, galleries, and museums of the culturally rich and authentic Marietta Square. Every 1st Friday through November. 5-9pm. More info: www.ArtWalkMarietta.com.

JUNE 3

Roswell Riverside Sounds presented by the City of Roswell. Featuring Kentucky native Ben Sollee. Free. Concert runs 7-9pm. Food trucks on site 6-9pm with food for purchase. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or www.roswellriversidesounds.com.

JUNE 3-4

Annual Flying Colors Butterfly Festival. Dance with butterflies to live music. Create arts and crafts, face painting, and entomology exhibits. Buy butterfly host plants and ask garden experts how you can attract butterflies to your garden. Live butterfly releases on Saturday: 11am and 1:30pm; Sunday: 1:30pm and 3:30pm. Bring your camera! Saturday: 10am-3pm. Sunday: 12-5pm. General Public: \$12. CNC Members: \$8. Ages 2 and under: Free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055, ext. 254, or www.chattnaturecenter.org.

JUNE 5-JULY 22

Roswell Summer Puppet Series. Nationally-renowned puppeteers bring all varieties of puppets and marionettes to the stage for a collection of whimsical and captivating performances. Monday-Saturday: 10am. Additional shows Wednesday and Friday: 1pm. No performance on July 4th. Tickets: \$5/person or \$30/person for summer pass. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/ tickets: 770-594-6232 or www.roswellpuppets.com.

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COMMUNITY CALENDAR

JUNE 7

Meet the Author. Lisa Wingate will be speaking and signing her book, *Before We Were Yours*, at the Book Exchange @ 10am, and Bookmiser @ 1:30-3pm. There will be coffee, tea, juice, pastries, and fruit served at both events. Book Exchange, 2932 Canton Road, Marietta/East Cobb. Bookmiser, 4651 Sandy Plains Road, Roswell/East Cobb. More info: 864-415-3973 or magictimeliterary.com.

JUNE 7-8, 21-22

Defensive Driving/Driver Improvement Class presented by Safe America. If you are already driving but want to lower the cost of your car insurance or if you've gotten a traffic ticket and need to take a defensive driving class, this class is for you. 6-hour class taught by certified instructors. 6-9pm. Court ordered/point reduction: \$95. Insurance rate reductions only: \$30. Safe America Foundation, 2000 First Drive, Suite 310, Marietta. More info: 770-973-7233 or www.safeamericadrivers.org.

JUNE 9-25

Disney's *Beauty and the Beast* presented by Atlanta Lyric Theatre. Based on the Academy Award-winning animated feature, the classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. Thursday-Saturday: 8pm. Saturday-Sunday: 2pm. \$38-\$58. Cobb Civic Center, Jennie T. Anderson Theatre, 548 S. Marietta Parkway, Marietta. More info/tickets: 404-377-9948 or www.atlantalyrictheatre.com.

JUNE 10

Live! In Roswell Series. Kate Deal performs "*Today, Tomorrow, and Forever: A Tribute to Patsy Cline*." 8pm. \$30. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-594-6232 or roswellpresents.com.

Get Your Event Listed!

We'll need: event name, date, description, ticket prices, times/hours, site address, phone number, email, and web address. The deadline for the Community Calendar is the 15th of the month prior to the next issue. Email your info to: calendar@eastcobb.com. Be sure to include any related photos and/or posters.

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JUNE 10

7th Annual Roswell Lavender Festival. Inspired by Barrington Hall's own lavender queen-Evelyn Simpson, a descendant of Barrington. The festival is a celebration of all things lavender and will feature the many varieties, uses and folk remedies associated with this ancient plant. Demonstrations, children's activities, antiques, vendors, food samples, music and many more surprises. 10am-5pm. Free. Barrington Hall, 535 Barrington Drive, Roswell. More info: roswellgov.com or 770-640-3855.

JUNE 10

5-K-9 Run. The Northeast Cobb Business Association will host its annual "5-K-9" run with proceeds supporting the Cobb Sheriff's Department K-9 Unit and a service dog for autism. 8am. Registration: \$25 online at www.northeastcobbba.com or active.com. Race begins at Piedmont Church, 570 Piedmont Road, Marietta. More info/sponsorship: 770-377-0072.

JUNE 10 & 24 & JULY 8 & 22

Marietta Square Artists Market features artwork created by juried artists showcasing the best of local work. 9am-2pm. Mill Street near Marietta Square. More info: www.artistsmarketmarietta.com

JUNE 10 & JULY 15

Smyrna Summer Concert Series. Summer music on the Village Green. 7-10pm. Free. Village Green, 200 Village Green Circle, Smyrna. More info: 770-434-6600 or www.smyrnacity.com.

JUNE 11 & JULY 9

Sundays on the River Concert Series. Featuring the smooth Jazz sounds of Carol Albert on June 11 and Bob Bakert and Friends on July 9. 6-9pm. Admission: \$17.50 for lawn seating, \$22.50 for table seating. Cash bar available, no outside alcoholic beverages permitted. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: www.chattnaturecenter.org or www.atlantaplaysitforward.org.

JUNE 13

The Truth About Fibroids and PCOS. Two of the most common reproductive conditions affecting a growing number of women are uterine fibroids and polycystic ovarian syndrome (PCOS). This program presented by a WellStar professional will provide participants with facts on Fibroids/PCOS as well as care plans for each condition. 6-8pm. Free. East Cobb Health Park, 3747 Roswell Road, Marietta. More info/register: 770-956-STAR (7827).



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June 13th- "Arts & Crafts"
July 11th- "Rockets & Robots"
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Cost: \$5 per person (\$20 max per family)
Activities are included

For more info www.MariettaHistory.org

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JUNE 13 & JULY 11

Pop-In for Pop Culture. Explore the Museum in a whole new way! Every 2nd Tuesday the galleries will "Pop Open" for a day of Pop Culture from the 1950s and 60s. Enjoy reminiscing about the music, food, games and so much more! The activities and food tastings are FREE and included in the price of admission. 10:30am-8pm. Museum admission: \$7/Adult; \$5/Student and Seniors; Active Military with ID, Members & Children under 5 – Free. Marietta Museum of History, 1 Depot Street, Suite 200, Marietta. More info: 770-794-5710 or www.mariettahistory.org

JUNE 15

Thrive at East Cobb Grand Opening Celebration. Entertainment, refreshments, tours, and information about Thrive's Memory Care. All are invited to attend; complimentary valet parking. No RSVP necessary. 4-7pm. Thrive at East Cobb, 200 Village Parkway NE, Marietta/East Cobb. More info: 470-250-0808 or thriveateastcobb.com.

JUNE 16 – 17

Understanding Birth. Expectant mothers and their partners take a two-day journey through childbirth including labor and delivery, breathing and relaxation, hospital procedures and Cesarean birth. Friday: 6-9pm, Saturday: 10am-5pm. \$55. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta. Free parking. More info/register: 770-956-STAR (7827).

JUNE 16-18

Annual Juneteenth Celebration presented by Cobb NAACP and City of Marietta. This is the oldest nationally celebrated commemoration of the end of slavery in the United States. June 16- Enjoy Jazz on the lawn of Glover Park. Bring your blanket or folding chairs. 6-11pm. June 17-Juneteenth Celebration on the Square. A day of family activities, ethnic foods, entertainment, vendors, music, history, and more. Free. 10am-7pm. June 18- Gospelfest. 3-7pm. Glover Park/Marietta Square, 50 Park Square, Marietta. More info: www.marietta.gov.

JUNE 17

Dream Dash. 5K benefiting the Kennesaw Dream Foundation and their Kennesaw Teen Center. Late registration: 6:30am. Race start: 8am. \$25 in advance. \$35 race day. Kennesaw First Baptist Church, 2958 North Main Street, Kennesaw. More info/register: www.dd5k.com or www.active.com.

JUNE 17

Heartsaver First Aid & CPR Course. Offers skills for community members in CPR, automated external defibrillator (AED) and relief for choking. This training meets Occupational Safety and Health (OSHA) requirements. A two-year certification is given upon completion. 9am-3pm. Heartsaver portion \$35. First Aid Portion \$25. First Aid & CPR combined \$60. WellStar East Cobb Health Park, 3747 Roswell Road, Marietta. More info: 770-956-7827

JUNE 19

Keeping Our Children on Course a fundraiser for Family Promise of Cobb County. Family Promise helps homeless families and their children in Cobb County find and keep housing. Registration begins at 7:30am; golf from 9am-3pm, \$125/player or \$500/foursome (includes golf cart and lunch). Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. More info: 678-594-3150 or www.familypromisecobbcounty.org.

JUNE 24-25

153rd Anniversary of the Battle of Kennesaw Mountain. Artillery, infantry, and civilian demonstrations will be given throughout each day. Families will be able to stroll through Civil War era military and civilian camps. Guided hikes to the 24-Gun Battery will also be offered. 9am – 4pm. Free. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or www.nps.gov/kemo.

JUNE 30 – JULY 16

Jukebox Giants: Motown and More! This stellar show will transport any music lover on a trip back to the golden age of classic pop and Motown music, featuring everyone's favorite hits from the 50's, 60's, and 70's. The Strand's biggest show of the summer! Tickets \$25. Fridays and Saturdays: 8pm; Sundays: 3pm. The Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

JULY 1

Roswell Riverside Sounds presented by the City of Roswell. Featuring Asheville music ambassadors, The Fritz. Free. 7-9pm. Food trucks 6-9pm. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or www.roswellriversidesounds.com.

JULY 8

Atlanta GLOW's Young Women's Leadership Conference. Each year the Leadership Incubator Program (LIP) provides the opportunity for highly motivated high school and college-aged ladies to develop leadership and soft skills, increase self-confidence and support networks, explore career interests, improve their resumes, learn how to impact their communities and improve their odds for college and career success. 9:30am - 4:30pm. \$30. Turner Chapel AME Church, 492 North Marietta Parkway NE, Marietta. More info/register: 678-870-4569 or www.atlantaglow.org/lip

Safe Sitter Class. Safe Sitter is a nationally recognized babysitter education program offered by WellStar. Designed for youth ages 11-14. Provides training on life skills, safety skills, basic CPR and first aid, child care skills and behavior management. \$50. 9am-3:30pm. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta. More info/register: 770-956-STAR (7827).

JULY 9

Annual GA 400 Hospitality Hwy Bike Ride. Ride your bike on the forbidden Hwy GA 400. All lanes are closed so you can ride safely and get the thrill of a lifetime. Join 2,000 other riders to embark on a memorable ride of 9, 27, 45, 60 or 100 miles throughout the best roads in North Georgia filled with horse farms and small country roads. Registration: 5:30am; Ride: 7am (Arrive by 6:30am). \$60/ adults, \$30/ youth (12-18). Start/Finish Sky Zone parking lot, Kings Market Shopping Center, 1425 Market Boulevard, Roswell. More info: www.ga400century.com

JULY 10

Cobb Chamber First Monday Breakfast sponsored by Kaiser Permanente HealthPlan of Georgia. 7:30-9am. General admission: \$60. Members: \$30/\$45 at the door. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

JULY 14-15

Antique Gun & Military Collectibles Show & Sale. Friday: 12-5pm. Saturday: 9am-4pm. \$7/adults; \$1/ages 7-12. 2 day pass \$10. International Association of Machinists and Aerospace Workers, Local Lodge 709, Union Hall, 1032 South Marietta Parkway, Marietta. More info: 704-282-1339 or richard@thecarolinatrader.com.





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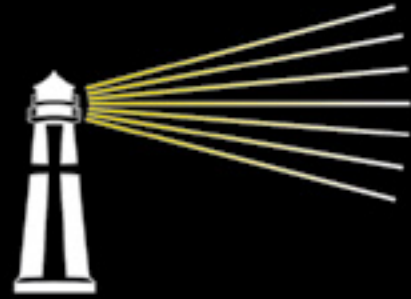
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COMMUNITY CALENDAR

JULY 14-23

180th Marietta Campmeeting. For nearly 200 years, fellow Christians have come together, on this sacred ground, to share their experiences with God. Campmeeting is a non-denominational revival where everyone is invited to join in the glorious celebration of our Lord. Starts with a covered dish picnic at 6pm on Friday followed by the first service at 7:30pm. Services will be held twice daily (11am and 7:30pm) the remaining days ending with the 11am service on Sunday, July 23. Guest pastors and speakers. Free. 2300 Roswell Road, Marietta. More info: www.mariettacampmeeting.com.

JULY 22-23

41st Collectible Glass Show and Sale sponsored by The Peach State Depression Glass Club. Beautiful American made glass from the 1800's through the depression era and into the mid-century will be featured for sale. Saturday, June 22: 10am-5pm; Sunday, June 23: 10am-4pm. \$8/Adults, free for children under 16. Hudgins Hall, Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More info: psdgc.com or showchair@psdgc.com.

JULY 25

#IMOMSOHARD – Mom's Night Out: Summer Break Tour. This summer, Jen and Kristin from #IMOMSOHARD are taking their show out of the playroom and onto the road. But this time, they're bringing the kids, and a tour bus (you didn't think they'd leave them with their husbands, did you?). 8pm, \$46.75 and \$35.75 plus applicable fees. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or www.cobbenergycentre.com.

JULY 27

Get Screened. Affordable health screenings designed to give you a better understanding of your overall health and wellbeing. Some screenings to be offered are: Bone density screening: \$35, comprehensive metabolic panel: \$20, lipid panel: \$25. 7:30-10am. Registration and pre-payment are required. WellStar East Cobb Health Park, 3747 Roswell Road, Marietta. More info: 770-956-7827.

AUGUST 3

Open House. Info sessions on: Healthcare, Management, Technology, Hospitality/Languages, Paralegal/HR/Finance/Real Estate classes. 10% discount on enrollment. Free. 6-8:30pm. College of Continuing & Professional Education, KSU Center, 3333 Busbee Drive, #3301, Kennesaw. More info/register: 470-578-6765 or ccpe.kennesaw.edu.

AUGUST 5

Atlanta Back2School Food Festival. This kid-friendly event features food, music, clothing, and information on health, education, art and after-school care programs for families. Enjoy a culinary experience from Metro Atlanta's restaurants, caterers, and food trucks. Kids can enjoy the fun zone, equipped with inflatables, waterslides, rock climbing wall, bungee jumping, and bouncy houses. Kids bring swimwear and a towel. 12:30-6:30pm. Free. Guests are encouraged to bring donations of new school supplies, new school uniforms or toiletries to "Stuff the Truck." Food and Fun Zone tickets additional fee. Jim Miller Park, 2245 Callaway Road, Marietta. More info: www.ATLFoodFest.com.



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Breed/Age: Tabby Cat/5 years old/Female

Favorite Food: Shrimp

Favorite person: Cydney

Best Trick: Singing for her dinner

Turn ons: Catnip infused mouse

Turn offs: Her cousin cats, Buttermilk and Pancake in Nashville

Favorite toy: Stuffed Baby Kitty

Last seen: Sunning on balcony at Florida condo talking to the birds and enjoying life!

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Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

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Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

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COBB COUNTY ANIMAL CONTROL SHELTER HOSTS ANNUAL ART-BARKS AND PURRS

Cobb County Animal Control (CCAC) will host their fourth annual ART-Barks and Purrs on Saturday, June 17 from 10am-4pm. The event is part of CCAC's continuing efforts to find forever homes for the homeless animals of Cobb County through offering a fun arts and crafts event.

The ART-Barks and Purrs festival was designed to help bring people to the Shelter that might not have ever stopped in. "We have so many wonderful animals here and they all deserve a home and a second chance", said Billy Mayfield, Facility Operations Manager. "Our first event was in 2012 so this is our sixth year for the festival and every year it is more successful thanks to the creative, talented vendors who help support the Shelters' efforts to find homes for the dogs and cats and the dedication and hard work of the staff and volunteers. If one has never been to our Shelter, they should come check us out. We're not your old-school 'dog pound'. Our shelter is a bright, clean, hopeful place. Staff and volunteers, along with local rescue groups, all work together to find new homes for these animals."

It will be held on the grounds of the Shelter, located at 1060 Al Bishop Drive in Marietta and features over 30 local arts and crafts vendors that have animal related art in their line. Many of the returning vendors said they were very excited to participate in the event once again to help support the homeless animals at the Cobb County Shelter. Besides the vendors, the event includes a great silent auction, special adoption rates, and food. This is a FREE, fun, family event with plenty of parking available. Bring an unopened, unexpired pet food item to receive a free gift.

For more information about Cobb County Animal Control, contact the shelter at 770/499-4136 or visit www.cobbanimalcontrol.org. You can also follow us on www.facebook.com/CobbAC and www.twitter.com/CobbAC. 

JOIN US!!!

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DINING GUIDE

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Dining out on a budget? Here are some restaurants that are "kid friendly" and offer free meals for the kids. Be sure and double check with the restaurant before you go to make sure they haven't changed their policy. If you know of any other specials, or you find that one of these specials has been discontinued, please let us know at info@eastcobber.com.

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770-579-2690 • www.ocharleys.com
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MONDAYS

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770-977-4467 • www.suburbantap.com
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Paradise South of the Border

3605 Sandy Plains Road, Marietta, 30066
770-579-6226 • www.paradisegrillemarietta.com
Kids eat free with adult purchase.

Tijuana Joe's

690 Johnson Ferry Road, Marietta, 30068
770- 321-1233 • www.tijuanajoes.com
Kids eat free with adult purchase.

Zaxby's

2082 Lower Roswell Road, Marietta, 30062
770- 977-4907 • www.zaxbys.com
Kids eat free with adult purchase 5-8 pm.

WEDNESDAYS

Paradise Grille

3605 Sandy Plains Road, Marietta, 30066
770-579-6226 • www.paradisegrillemarietta.com
Kids eat free with adult purchase.

SATURDAYS

Moe's Southwest Grill

688 Johnson Ferry Road, Marietta, 30068
678-560-4666 • www.moes.com
Kids eat free with adult purchase after 3-9pm.

SUNDAYS

Red Sky Tapas

1255 Johnson Ferry Road, Marietta, 30068
770-973-0100 • www.redskytapas.com
1 free meal from Kids menu per adult entrée purchased between 4-9pm.

Jersey Mike's Subs

>2960 Shallowford Road, Marietta, 30066
770-578-3973 • www.jerseymikes.com
>4400 Roswell Road, Marietta, 30062
770-321-3998 • www.jerseymikes.com
1 Kids sub free with purchase of regular sub and combo.

Please note that restaurant specials, dates, times, ages, and promotions change all the time, so please be sure to call the restaurant and verify any of the above information before going. ☎

EAST COBBER

NEXT ISSUE: AUGUST • DEADLINE: JULY 15
CALL EAST COBBER: 770-640-7070

JUST IN TIME FOR SUMMER... COLD POINT ICE CREAM



Ivy and Kevin

You can choose from Summer Secret, Chocolate S'More, Monkey's Dessert or any of the Signature Ice Creams at the newly opened Cold Point Ice Cream in the Woodlawn Point Shopping Center on Johnson Ferry Road. Or better yet, you can customize your own tasty concoction based on your favorite ingredients.

This frozen dessert breaks the traditional concept of ice cream. From its beginnings in Thailand, the cold treat is known as Thai-style rolled ice cream. It's always fresh and made to order with natural ingredients and no preservatives. With a temperature of less than -12 degrees Fahrenheit, the cream base is poured on a cold plate and mixed with ingredients until the liquid becomes frozen.

According to Ivy Zhang, Cold Point Ice Cream's new owner, "The process is similar to hibachi-style cooking. The customer watches the server, or artists as we call them, prepare the ice cream."

An East Cobb resident, Zhang heard about Thai-style rolled ice cream from a friend who travels to Thailand for business. "My friend couldn't say enough about this new Thai dessert craze and how it was catching on with the Americans who visited there," she says. "He encouraged me to open a shop in my East Cobb community."

When asked how many flavors are offered, Zhang can't answer the question. Although there are ten Signatures Ice Creams, you can combine different cream bases with multiple ingredients and toppings for limitless combinations and flavors. The cream bases are coffee, original (unflavored), green tea, taro and Thai tea. The mixes, swirls and toppings that can be added include a range of ingredients from mango to Frosted Flakes.

If you want a unique dessert at an upcoming event, Cold Point Ice Cream provides full-service catering for weddings, graduations or any parties. A Cold Point artist brings the machine to the event and creates rolled ice cream treats for your guests.

Cold Point Ice Cream is located at 1100 Johnson Ferry Road (inside Publix shopping center). For more information, visit coldpointicecream.com. You can also follow Cold Point on Instagram and Facebook for specials.



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MEET DR. TIFFANY CLAY AT DERMATOLOGY AFFILIATES



Dr. Tiffany Clay
Dermatology Affiliates

Summer is here! And so is the sun. Beach trips, outdoor sports, concerts and boating on the lake all put us at risk of too much sun exposure. Keep in mind your upcoming skin check. Don't have one planned yet? Schedule an appointment with Dr. Tiffany Clay at Dermatology Affiliates to

assess your risk of skin cancer and learn how to protect your skin. Dr. Clay recommends having a full body skin cancer exam for both peace of mind as well as a baseline of your skin. During the exam she will evaluate your moles and other skin lesions as well as assess your general skin health. "Skin cancer is one of the fastest growing cancers. Often times patients are surprised to learn that 1 in 5 Americans will be diagnosed with skin cancer in their lifetime. I look forward to building a relationship with my patients to partner with them through the years to address skin concerns and help them maintain skin health."

In addition to general and surgical dermatology, Dr. Clay has a passion for helping her patients look and feel their best. "There are so many treatments and options available to patients. I enjoy tailoring a custom plan for my patients that fits their specific needs and budget. At Dermatology Affiliates we have a selection of high quality skin care products and procedures such as Botox, fillers and lasers treatments. Using these tools and working with our aestheticians I am able to help patients achieve their goals."

"My favorite skin tip is to make sure that not only in the summer but all year round everyone knows the most important thing we can do to protect our skin is use SPF30 or higher sunscreen every day. So be sun safe!" Dr. Clay looks forward to seeing you and helping you keep your skin healthy and beautiful.

Dermatology Affiliates, East Cobb Office
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I LOVE BEING A DERM PA!



Raquel Ludwig, PA-C
Dermatology Affiliates

Raquel knew early in life that she wanted to practice medicine. While doing research at Emory she decided that being a PA would fulfill her passion for patient care and enable her to fast track her knowledge of medicine. It wasn't until she had completed her rotations in multiple specialties that she realized dermatology was

her love. The opportunity to see patients of different ages and with a broad spectrum of issues was compelling to her. We would have to say that Raquel chose well! She is a natural with all of our patients but the pediatric ones love her the most. As a mother of a 4-year old Raquel knows how to calm a fearful child and counsel parents. Every day patients comment on the special care and knowledge that Raquel shares so generously.

From the start of her medical career it was clear that Raquel had a gift for patient care. At her graduation from Emory she was awarded the Humanitarian Award. This award is given to only one graduate each year who exemplifies outstanding care and concern for others. When asked what her favorite part of her work is Raquel does not hesitate. "Helping my patients and giving them the best care I can is the most fulfilling part of my day. I strive to give the care that I would want to receive." Raquel loves that Dermatology Affiliates is innovative and offers online visits. 'As a busy mom and professional I know how hard it can be to get in for an appointment, and I love that patients have the option to do an online visit!'

Raquel is getting ready for her fifth outdoor medical mission trip with the Farm Workers Project, where she works with Emory physician assistant students to provide care for farmer workers in South Georgia and their families. The program provides much needed medical care and supplies for those families. This year Raquel's daughter will join her and Raquel will be collecting children's' books to donate to the families.

Dermatology Affiliates is proud to have Raquel as a part of our group.

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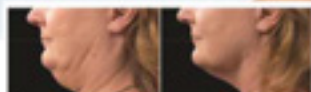
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NORTHSIDE HOSPITAL HOLDS GRAND OPENING OF ITS NEW EAST COBB MEDICAL CENTER

Nearly 100 people attended the grand opening luncheon and ribbon cutting ceremony at the new Northside East Cobb Medical Center on May 24. The event included opening remarks from Doug MacDonald, Northside Hospital vice president of planning and real estate, Northside partners, and Mike Boyce, chairman of the Cobb County Board of Commissioners.



Mike Boyce led the long-awaited ribbon cutting ceremony alongside Northside staff, partners, tenants and community members before heading inside for a celebratory luncheon and self-guided tours of the new facility located at Johnson Ferry Road and Olde Towne Parkway.

Completed in December, the four-story, 100,000 square foot facility will provide access to renowned physicians and a broad range of services including imaging, cardiology, orthopedics, urgent care, and other specialties.

"The East Cobb community expects and deserves access to great health care," said MacDonald. "We're proud to say that the Northside East Cobb Medical Center will offer Cobb area residents just that."

Services and physician practices currently operating in the facility include Northside Hospital Imaging, Northside Family Medicine & Urgent

Care, Northside East Cobb Orthopaedics & Sports Medicine, Atlanta Gastroenterology Associates, Laureate Medical Group, Sovereign Rehabilitation, Obstetrics & Gynecology of Atlanta, North Atlanta Primary Care, North Atlanta Women's Specialists and ENT of Georgia North. Additional services/practices including Northside Heart, Concord Pharmacy and Georgia Urology will open this summer, and Dermatology Consultants is expected to open this Fall.

The Northside East Cobb Medical Center is located at 4800 Olde Towne Parkway in Marietta/East Cobb. 📍



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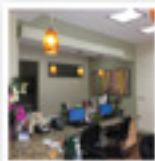
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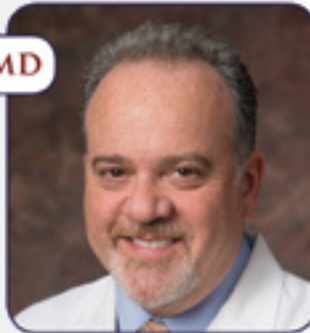
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DESTIN GETS LUCKY WITH NEW LUXURY RESORT

By Cynthia M. Rozzo

Destin, Florida is known for having one of the most beautiful beaches in the world, fantastic fishing, recreation, shopping and unique dining. Locals like to boast that Destin is "The World's Luckiest Fishing Village." Well, Destin just got lucky again with the opening of The Henderson, a Salamander Beach & Spa Resort. One of the finest resorts built along Florida's Gulf Coast in a generation, the sweeping resort overlooks Destin's famed sugar-white sands and emerald-green waters.

I enjoy writing travel stories to share with readers ways to discover or rediscover travel destinations, like The Henderson located in Destin, that are unique, inspirational and surprising. Located along one of America's top beaches and adjacent to a 208-acre environmentally protected state park, The Henderson is reminiscent of a grand seaside manor of yesteryear. It captures the romance of traditional coastal architecture by complementing its stunning natural backdrop with striking shingles, steep gabled rooflines and a design reverence to Florida's nautical history. The resort features 170 spacious guestrooms and suites, a nature-inspired spa, Gulf-to-table cuisine, an octagonal bar with panoramic Gulf views, a rooftop terrace, two outdoor swimming pools, 30,000 square feet of flexible indoor and outdoor event space, and private beach access.

The Henderson is the anchor resort hotel of still-developing Henderson Beach Resort: future phases of which include condominiums and villa-style resort accommodations. From the moment I arrived at The Henderson, I noticed the old-world charm that reflects the surrounding, unspoiled beauty of the area. There is no lobby but rather, an expansive living room with high ceilings and a wall of windows that faces a maritime forest and the beach. The interior feels like it has been part of the coast's landscape for over 100 years and showcases wooden floors and reclaimed beams and trusses. The resort has several, intimate gathering areas and is decorated throughout with commissioned artwork created by local and regional artists. Such a thoughtful touch.

The guest rooms and suites include stylish furnishings, yet remain authentic to the local, cultural surroundings. Larger than typical luxury resort guestrooms, they include custom furnishings, luxurious bedding, elegant bathrooms featuring louvered shutters, and gracious balconies or terraces. The balcony off of my room overlooked the pool and the manicured lawn.

The Henderson celebrates Destin's gulf-to-table seafood traditions at its Primrose restaurant, named for Destin's first commercial fishing boat. In addition to fresh catches bought daily from fishermen, the menu offers

IF YOU GO:

The Henderson | 200 Henderson Resort Way, Destin, Florida 32541 | www.hendersonbeachresort.com | 844-395-4953

fine selections of steaks and chops and shareable plates. The open-kitchen design restaurant also features a sushi bar as well as extensive outdoor terrace seating. With a striking octagonal-shaped design, Horizons Bar presents signature cocktails and panoramic views of the Gulf and adjacent nature preserve. I was so impressed with the food and décor, I called my friends who happened to be vacationing in Destin, and invited them for a dinner at Primrose, so they could discover a new and incredible place to dine in Destin!

I was able to escape to The Henderson's Salamander Spa for a one-hour massage. After my incredible massage, I lingered longer to enjoy the ladies steam room, sauna and whirlpool which overlooks the treetops of the secluded park. The Salamander Spa's friendly staff was attentive and very accommodating while I relaxed in the gorgeous lounge nibbling on nuts and filtered, flavored water! Although I was with my family this time, The Henderson and its spa would make for a great girlfriend getaway.

The Henderson also offers a sun-lit fitness room and a variety of other water experiences, including a family pool with a lazy river and an adult zone and pool. While basking in the glorious sun, I treated myself (and my family) to chilled drinks and lunch from the poolside grill. On the way back to our rooms, we couldn't resist going into the old-fashioned ice cream shop, Sprinkles, for a scoop (or two) of some delicious ice cream!

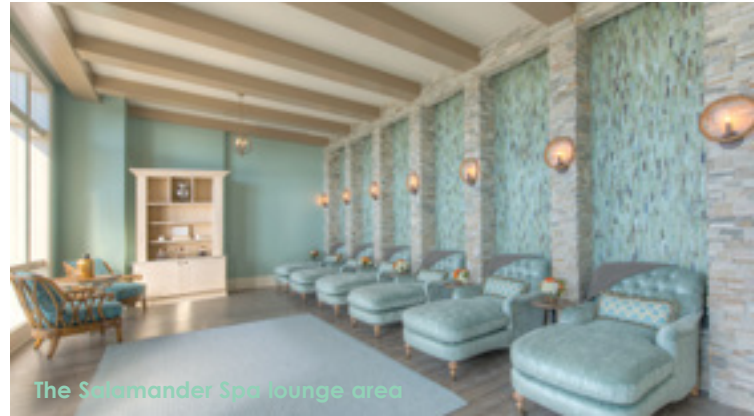
The Henderson also features nearly 30,000 square feet of unique indoor and outdoor function space, including several beachfront locations and a Grand Lawn. Tucked away in a wing of the resort is a 5,221-square-foot Crystal Ballroom, as well as a junior ballroom. On the fifth floor, the Sunset Vista Terrace provides stunning views of the beach and the state park's foliage.

The Henderson is less than ten minutes from Destin Harbor, where guests can enjoy numerous water activities, shop in a festive marketplace, and interact with the fleet of fishing vessel captains and crews that pioneered the area. I did not need it, but the resort offers a shuttle service within a 5-mile radius.

I have reviewed the architectural beauty of this new resort and its amenities, but it is important to note the quality of the resort's staff. Every hotel has a bed, fitness center, restaurant, bar, pool but it's the staff that really makes The Henderson a cut above! From the time my family arrived we were taken care of. The well-trained staff addressed us by our first names. As I wandered around the resort, staff members reached out to me asking if there was anything they could do for me. From the friendly greeting we received at reception and touches like the turndown service in your bedroom, to the valet, The Henderson's staff was there to look after my family's every need. A first-class hotel with 5-star service created the perfect vacation in the ideal destination of Destin, Florida! Destin is truly lucky to have The Henderson Beach & Spa Resort! 🍷



The Henderson Beach & Spa Resort



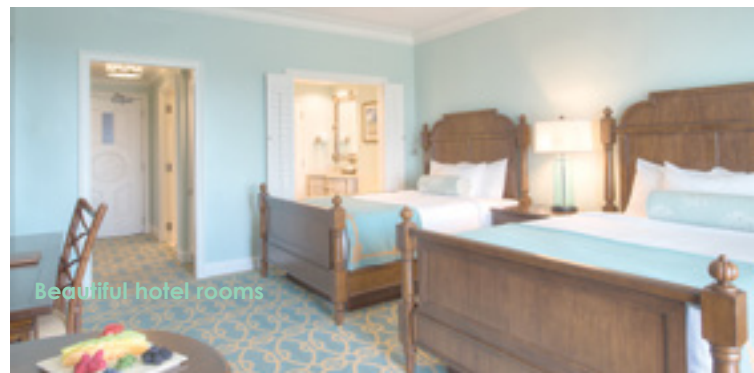
The Salamander Spa lounge area



The hotel living room



One of the two outdoor pools



Beautiful hotel rooms

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JUNE

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

Animal-Human Emotional/Energetic Relationship

Fridays, June 2 & June 9 | 10-11:30am

Free/Registration required

The emotional well-being of animal is an emerging field. How are we connected to our animal companions? Tammy Billups, Sundance Healing Center, specialist on the relationship between animals and their people, reveals ground-breaking insights and guidance to help animals heal from the inside out.

Healthy Brain Game Day

Wednesday, June 7 | 10-11:30am

Free/Registration required

We all know how important physical exercise is for our overall health and well-being. So, just as you can exercise your abs, delts, and quads, you can exercise your memory, attention, and more. Brain games (or exercises) can improve your brain health by helping you think faster, focus better and remember more. Presented by Aloha to Aging, Inc.

How To Sleep Your Way To The Top Of Good Health

Tuesday, June 13 | 10-11:30am

Free/Registration required

Wellness expert Sherri Danzig, will address a vital yet often overlooked topic of improving your sleep. Getting the right amount of quality sleep and reducing unhealthy lifestyle behaviors is extremely important for your health.

Dine-a-Round for Men

Wednesday, June 14 | 11am

(Shuttle check in 10:00am)

Twin Peaks Kennesaw, 2475 Busbee Pkwy NW, Kennesaw
Shuttle bus will be available. Spouses are welcome.

AARP Smart Driver Class

June 22 | 9am-4pm

\$15.00 AARP members; \$20.00 Non-members (cash or check only)

The AARP Smart Driver course is a refresher course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance upon completing the course. Refresh your driving skills and your knowledge of the rules — and hazards — of the road. Check with your insurance agent about a possible discount. Bring a lunch.

Saving Lives Through Education

Friday, June 23 | 10am—11:30am

Free/Registration required

Join Cobb County 911 to learn about their guidelines, senior safety and scam alerts, and swift 911 response.

Waffle House Museum Tour

Thursday, June 29 | 10am-4pm

On your own/Registration required; Space limited; Check in 8:45am. Join us on our journey to Decatur to tour the very first Waffle House restaurant and enjoy delicious hot-dogs at Skip's Chicago Dogs. Shuttle bus will be available.



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The EAST COBBER is published eleven times a year and is available at 500+ drop-off points—local businesses, day care centers, medical offices, schools, churches—wherever East Cobb residents are. Are the East Cobbers in your business receiving their copy? Have we missed your location? Please call. We deliver and restock the magazine—FREE!

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EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JULY

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

Your Food Your Fuel

Wednesday, July 5 | 10am-11:30am

Free/Registration required

Join Gretchen Earwood with Kaiser Permanente to learn about the importance of having a balanced diet.

Salad-in-a Jar

Monday, July 10 | 4-6pm

\$4 Cobb residents/\$5 Non-residents; Plus \$10 supply fee

Join us and learn how to add more colorful whole food nutrition to your diet by building salad-in-jar to change your life. We will provide a Mason jar, greens, toppings, and a dressing. Conducted by Smita with Olea Oliva.

Hydration: Why It Is So Important

Tuesday, July 11 | 10-11:30am

Free/Registration required

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. Come to our seminar to learn more. Presented by wellness expert, Sherri Danzig.

Connecting with Your Animal Totems

Thursday, July 13 | 10:30-11:30am

Free/Registration required

Join Tammy Billups, founder of Sundance Healing Center, to learn about the three types of Animal Totems wanting to deeply connect with you, and how you can better understand their messages. She will also take you on a journey through a meditation to connect with your Animal Spirit Totem.

Gone with the Wind Museum

Monday, July 17 | 10am-2pm

\$5 at the museum

Come with us to Gone With The Wind Museum and enjoy a delicious lunch at Stockyard Burgers & Bones (on your own).

Wheel of Fortune

Monday, July 17 | 5pm-7pm

Free/Registration required.

Wheel of Fortune: a virtual version of the popular TV game show. Spin the wheel, pick a letter, and guess the word or phrase to win prizes.

Mini-Facial at Origins

Tuesday, July 18 | 9:30am-2pm

Free/Registration required; Space limited

Come with us to discover a free mini-facial at Origins and receive a personalized skincare consultation; you will be able to take home custom dram samples. Enjoy lunch at Panera Bread Company.

Country Line Dance Party and Dinner

Monday, July 24 | 4:30pm-7pm

\$8 County residents/\$10 Non-residents

Come dance your boots off and enjoy a potato/salad bar dinner. Fundraiser event with all proceeds to benefit East Cobb Senior Center.

Medicare Seminar

Monday, July 24 | 5pm-6pm

Free/Registration required

If you are newly eligible or soon to be eligible for Medicare, this seminar is designed especially for you. The seminar will cover the basics of Medicare and what you need to know to make an informed decision about your coverage options. Presented by Dottie Denham with Cigna.

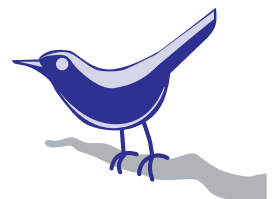
AARP Smart Driver

Thursday, July 27 | 9am- 4pm

\$15.00 AARP members / \$20.00 Non-members (cash or check only).

The AARP Smart Driver course is a refresher course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance upon completing the course. Refresh your driving skills and your knowledge of the rules — and hazards — of the road. Check with your insurance agent about a possible discount. Bring a lunch.

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3. Windows 10
4. Microsoft Word
5. Easy Steps to Safeguard Your Computer



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The Senior Citizen Council of Cobb County was formed in 1973. It is a tax-exempt nonprofit organization, sponsored by Cobb Senior Services, whose primary function is to further the common good and

general welfare of Cobb County adults over the age of 55. It now embraces approximately 50 clubs and 3500 individual members. Other organizations striving to meet the needs of seniors in the community consider the Council as a role model in Georgia. The Council encourages seniors to stay involved in the community and provides a forum on aging issues. It also recognizes contributions made by senior volunteers and awards scholarships to students who plan to further their careers in gerontology. The Bulletin, a monthly newspaper, informs seniors about pertinent events, activities, trips and legislation.

If you are interested in joining the Senior Council, visit seniorcitizencouncilofcobb.org. 








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CLUB CALENDAR

AARP Chapter 2830. First Thursday of the month. 1:30pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Joan Farentino, 770-579-5191.

American Association of University Women (AAUW) of Cobb County. 2nd Tuesday of the month. 7pm. East Cobb Center, 4400 Lower Roswell Road, Marietta. More info: cobbcounty-ga.aauw.net.

American Needlepoint Guild. 2nd Tuesday of the month. 6:45pm. Tiny Stitches, 2520 East Piedmont Road, Marietta. More info: 770-394-0065.

Anne Hathaway Garden Club. 3rd Wednesday of the month (except July and August). Marietta Educational Garden Center, 505 Kennesaw Avenue NW, Marietta. More info: Nancy Martin, 770-428-7056.

Atlanta Illini Club. Professional and social networking for University of Illinois alumni, families and friends in the Atlanta area. Game watches at the Rose & Crown, 1931 Powers Ferry Road, Marietta. More info: www.atlantailini.com or club@atlantailini.com.



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• **Atlanta Metropolitan Council Navy League.** 2nd Tuesday of the month. 7pm. Navy Recruiting District HQ, 2400 Lake Park Drive, Suite 410, Smyrna. Membership open to all civilian and retired military with an interest in supporting our men and women of the Navy, Marine Corps, Coast Guard, Merchant Marines and associated youth programs. More info: 678-234-2310 or campbellfc@comcast.net.

• **Big Chicken Chorus.** Every Monday evening. 7:00pm. Marietta High School, Chorus Room, 1171 Whitlock Avenue, Marietta. Male a cappella harmony chorus. More info: Frank, 770-587-1264, fehrach@aol.com, or www.bigchickenchorus.org.

• **Bridge Club.** Four free lessons; \$7 thereafter. Wednesday 10am, and Thursdays 7:30pm. Singles are welcome. 1809 Roswell Road, Marietta. More info: 770-973-7717.

• **Business Network International (BNI).** The World's largest referral organization. Multiple chapters in the area, please refer to the website: bnisoutheast.com for listings. More Info: Anita York, 678-888-0200

• **Cobb County Democratic Committee.** Monthly breakfast 2nd Saturday each month. 9am. Marietta Fire Museum, 112 Haynes Street, Marietta. More info: www.cobbdemocrats.org.

• **Cobb County Gem & Mineral Society.** 2nd Tuesday of the month. 7:30 pm at their Clubhouse, 516 West Atlanta Street, Marietta 30060. More info: www.cobbcountymineral.org.

• **Cobb County Genealogical Society.** 4th Tuesday of the month. 7pm. First Presbyterian Church of Marietta, 189 Church Street, Marietta. More info: www.cobbgagensoc.org or ccgs@cobbgagensoc.org.

• **Cobb County Republican Women.** 4th Friday of the month. 11:30am. Hilton Atlanta/Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: 770-785-2522 or www.ccrwc.org.

• **Cobb Marietta Retired Educators Association.** 2nd Thursday of the month. 11:30am. Luncheon reservations required. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: www.cmrea.org

• **Cobb Photographic Society.** Photographers of all skill levels are welcome. First and 3rd Monday of the month. 7-9pm. American Business Center, Bldg. 700, Suite 702, 1395 South Marietta Parkway, Marietta. More info: www.cobbphotosociety.com or info@cobbphotosociety.com.

• **Colored Pencil Society of America.** Atlanta District Chapter 107. First Monday of the month. 7pm. North DeKalb Cultural Center, 5339 Chamblee-Dunwoody Road, Room 2 (second floor in the back), Dunwoody. More info: Nancy Guerine, 678-354-3590.

• **Dog Hikers of Georgia.** Every Sunday. 10am. Various locations. Non-dog owners welcome. More info: Dr. Dan Batchelor, 770-624-7660.

• **East Cobb Bass Club.** Visitors, boaters and non-boaters are welcome. First Tuesday of the month. 7pm. Free admission. Attendees pay for dinner. The Rib Ranch, 2063 Canton Road, Marietta. More info: 770-364-3036 or noeyf1@bellsouth.net.

• **East Cobb Business Association.** Luncheon and featured speaker. 3rd Tuesday of the month. 11:30am-1pm. Indian Hills Country Club, 4100 Clubland Drive, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbba.com.

• **East Cobb Civic Association.** Last Wednesday of the month. 7pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: www.eastcobb.net.

• **East Cobb Civitans.** 2nd and 4th Thursday of the month at noon for lunch at The Olde Town Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: 770-578-9901 x201.

• **East Cobb Democratic Association.** 4th Tuesday of the month. 6pm - Social. 7pm - Program. Whole Foods, 1311 Johnson Ferry Road, Marietta. More info: Tom Barksdale, 770-715-1218 or tbarksdl@aol.com.

• **East Cobb Jewish Networking Group.** Every Wednesday. 7:30 am. Sugar Benders Bakery, 255 Village Parkway, Marietta/East Cobb. More info: Vic Anapolle 404-432-0626 or vicanapolle@aol.com.

• **East Cobb Kiwanis Club.** Every Wednesday evening. 7pm. Paradise South of the Border, 3605 Sandy Plains Road, Marietta. More info: Johnny Johnson, 770-977-2026 or edwardjohnsjewelers@yahoo.com.

• **East Cobb Lions Club.** 2nd and 4th Tuesday of the month. 7pm. Powers Ferry UMC, 245 Powers Ferry Road, Marietta. More info: Don Garrow, 770-955-6914.

• **East Cobb New Horizons Band.** Monday mornings, 11am. If you are 50 or older, play a musical instrument and have been looking for a great place to make music, come join! To learn more go to: ecnhb.com or email webmaster@ecnhb.com.

• **East Cobb Rotary Club.** Every Wednesday. 7am. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: eastcobbrotary.com.

• **East Cobb Woodcarvers Club.** Every Thursday. 9-11am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-420-3820.

• **Georgia Nature Photographers Assoc.** 3rd Thursday of the month. 7pm. Nature photographers of all skill levels are welcome to our monthly meetings. The Mansour Center, 995 Roswell Street, Marietta. More info: www.gnpa.org or info@gnpa.org

• **Georgia Perennial Plant Association.** 3rd Tuesday of the month. 7:30pm. Atlanta History Center, McElreath Hall, 130 West Paces Ferry Road NW, Atlanta. More info: www.georgiaperennial.org.

• **Georgia Vietnam Veterans Alliance.** 3rd Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post, 921 Gresham Road, Marietta. More info: Al Heflin, 404-317-5201.

• **Georgia Tea Party.** Thursdays. 7pm. 900 Roswell Street, Marietta. More info: Jerry Kotyuk 404-374-0580 or jerryk623@att.net.

• **Golden "K" Kiwanis Club.** Every Thursday. 10am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Joe Vanhorn Jr., 770-424-6654.

• **Happy Tails Pet Therapy.** Orientation for prospective members First Thursday or Saturday of the month. 10:30-11:30am and 7-8pm. Blue Pearl Georgia Veterinary Specialists, 455 Abernathy Road NE, Atlanta. Check dates: 770-740-8211 or www.happytailspets.org.

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IMPS Bridge Club. An offshoot of the former Newcomers Club of East Cobb, looking for new members. Various formats, dates and times available. For more information contact Roni Fink at 404-310-3448 or phinque999@AOL.com.

Libertarian Party of Cobb County. First Thursday of the month. 7:30pm. More info: www.cobbblp.org or call 770-795-1331

Marietta Kiwanis Club. Every Thursday. 12pm. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, pathuey@comcast.net or www.mariettakiwanis.org.

Marietta Lions Club. 2nd Thursday of the month. 7pm. First United Methodist Church, 56 Whitlock Ave SW, Marietta 30064. More info: mariettalions@aol.com or www.mariettalionsclub.org.

Marietta PFLAG. 4th Sunday each month. 1-3pm. Newcomers are welcome. Pilgrimage United Church of Christ, 3755 Sandy Plains Road, Marietta. More info: www.pflagatl.org.

Marietta Rotary Club. Every Wednesday. 12 noon. Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: Adele Grubbs, 770-424-8212 or www.mariettarotary.org.

Marietta VFW Post 2681. Dinner with VFW Ladies Auxiliary. First Thursday of the month with separate meetings following dinner. 6:15pm. 140 Powers Ferry Road, Marietta. More info: www.vfwpost2681.org.

Martha Stewart Bulloch Society of Children of the American Revolution meets one Sunday per month from September through May, 2-4pm. Osage Terrace Room and Pavilion at Bulloch Hall 180 Bulloch Avenue, Roswell. More info: Tammar 770-696-4806 or www.msbnsr.com.

Moms in Prayer for East Side Elementary parents. Fridays 11am. More info: Rachel Bloom 770-973-4705 or familybloom@gmail.com.

National Association of Active and Retired Federal Employees (NAARFE). 2nd Wednesday of the month. 11:30am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More Info: 770-971-1719.

Newcomers Club of Cobb County. 3rd Tuesday of the month. 10am. Sept-May Various social activities throughout the month for those new to Cobb County or just looking for new friends. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. More info: newcomersofcobbcounty@yahoo.com.

North Metro Mothers of Multiples Club. 3rd Monday of the month. 7pm. Chicago's, 4401 Shallowford Road, Roswell (corner of Johnson Ferry & Shallowford). More info: www.northmetromultiples.org.

Northeast Cobb Business Association. Luncheon meeting 3rd Wednesday of the month. 11:30am-1pm. \$15. Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-423-1330.

Northwest Atlanta Mothers of Multiples A parent's club for families with or expecting twins, triplets, or quadruplets. Second Tuesday of each month. Date and time may change; check our website. More info: www.nowamom.org or 678-404-0034.

Peach State Depression Glass Collectors' Club. 2nd Tuesday of the month except December. Guests welcome. 6:30pm social; 7pm meeting. Marietta Museum of History, 1 Depot Street, Marietta. More Info: psdgc.com.

Polk Street Speakers Toastmasters. First and 3rd Tuesday of the month. 6-7:30pm. St. James Episcopal Church, 161 Church Street, Marietta. More info: www.polkstreetspeakers.org.

Retired Old Men Eating Out (R.O.M.E.O.) Every Tuesday, 8-10am. Meet for friendship, conversation and sharing a variety of antique cars, street rods and muscle cars. Marietta Diner, 306 Cobb Parkway South, Marietta.

Shakespeare Reading Group. First and 3rd Thursday of the month. September-May. 2-4 pm. Senior Wellness Center, 1150 Powder Springs Road, Marietta. More info: Lynne Johnson, 770-591-3474.

Song of Atlanta Show Chorus. Women's four-part harmony chorus. Every Tuesday. 7:30pm. Northbrook UMC, 11225 Crabapple Road, Roswell. Visitors welcome. More info: www.songofatlanta.com or 770-696-6502.

Sope Creek Garden Club. First Wednesday of the month (Sept-June). 10am. Locations vary. More info: Karin Guzy, 770-955-1303 or karinguzy@gmail.com.

The Foxtrotter's Dance Club. 4th Friday of the month (no dance in May, Nov. & Dec., the 3rd Friday). 7:30-10:30pm. If you enjoy ballroom dancing, come and dance. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-587-1160.

Toastmasters International. Rising Phoenix Club. Every Saturday at 9:45-11am. A great way to improve your speaking and leadership skills. Guests always welcome. East Cobb Government Center, 4400 Lower Roswell Rd, Marietta. More info: www.risingphoenix.toastmastersclubs.org.

Y Business Network. Every other Friday. 7:30-8:45am. Local business networking and referrals. Northeast Cobb Y, 3010 Johnson Ferry Rd., Marietta. Guests always welcome. More info: ybusinessnetwork.webs.com, Michelle Hutchinson, 770-518-0010.

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SUPPORT GROUPS

A.A./Al-Anon/Al-Anon Beginners/Alateen.

Every Monday, 8pm. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

Al-Anon. For family and friends of alcoholics. Thursdays, 7:30-8:30pm. Johnson Ferry Baptist Church, Room 345, 955 Johnson Ferry Road, Marietta. More info: 770-587-0483.

Alzheimer's/Caregiver Support Group Meeting.

First Monday of each month, 10:30am. Open to family members who are assisting an aging loved one both inside and outside of the home. Free respite care is provided for your loved one while we meet. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road, Marietta. More info or to RSVP: 770-722-7641.

Anxiety Anonymous for people who suffer from anxiety, meets the 3rd Thursday of the month, 6:30-7:30pm. Cobb County Government Center, 4400 Lower Roswell Road, Marietta. More info: 770-633-1023 or galinabannova@gmail.com

A.W.A.K.E. Program stands for "Alert, Well, And Keeping Energetic." A support group for adults who have sleep apnea, their family members and friends, and anyone interested in learning more about sleep apnea. First Thursday of the month, 5:30-7pm. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta. More info: 770-644-1755.

Babywearing Group. Koalamommas, North Atlanta's resource for help, support, and information about baby carriers of all kinds. Meets monthly. Meeting dates/time vary. More info: Jennifer Worrell, jenniferworrell@bellsouth.net or www.bwiofatlant.org.

Bereavement Support. Every Wednesday of the month, 5pm. Counseling Room in Parish Office, St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6020.

Breastfeeding Mommy & Me Group. A lactation consultant is available to facilitate supportive discussions over a variety of topics. Mondays 9:30-11am. WellStar East Cobb Health Park, Marietta, Room 3747 Roswell Road NE, Marietta. More info: 770-793-8088.

Cancer Support Group. 2nd and 4th Monday of the month, 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

Career Transition. 3rd Monday of the month, 6:30pm. Personal resume reviewing, interviewing, networking, and career assessment help. First Presbyterian Church, 189 Church Street, Marietta. More info: Lee Pence, 770-428-9350, or Bob Sabin 770-795-9084, or visit www.fpcmarietta.org

• **Caregiver Support Group.** First Monday of the month, 6-7pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

• **Caregiver Support Group.** 2nd Thursday of the month, 12-1pm. Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or eharres@peterandpaul.org

• **Child Sexual Abuse East Cobb** support group for male and female victims of child sexual abuse & exploitation provided by VOICE Today. First and 3rd Monday of every month, 7pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Room 356, Marietta. More info: 678-578-4888 or info@voicetoday.org.

• **Compassionate Friends.** First Tuesday of the month, 7pm. Assists bereaved families following the death of a child of any age and from any cause. First Baptist Church, 148 Church Street NE, Marietta. More info: Ria 770-973-4921 or www.tcfmarietta.org.

• **Depression/Bipolar Support Group.** First and 3rd Thursday of the month, 7-8:30pm. Johnson Ferry Baptist Church, Room 339, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

• **Divorce Care.** 13-week course beginning the 3rd Wednesday of August, 6:30-8pm. Open to all ages. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

• **Divorced/Separated Support Group.** First and 3rd Tuesday of each month, 7:30pm. St. Ann's Catholic Church, Mary's Chapel, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6018.

• **Divorce Support Group** by Visions Anew for women who are contemplating or going through the divorce process. First Thursday of the month, 7-8:30pm. East Cobb Government Center, 4400 Lower Roswell Road, Marietta. More info: www.visionsanew.org.

• **Divorce Support Groups Adults and M/HS Students.** All or welcome. Every Wednesday through May 10, 6:20-8pm. Mt. Bethel UMC, Room B111, 4385 Lower Roswell Road, Marietta. Closed CCSD Winter and Spring breaks. Free with free childcare. For more information, registering, or counseling: call Judith Reichenbach, Licensed Counselor at 770-597-9882 or email jmr.lpc@gmail.com.

• **Domestic Violence Support Groups.** Sessions in English and Spanish. Wednesdays, 6:45-7:45pm. Childcare available for children 6 weeks-12 years. Children over 12 may attend and learn childcare skills. More info: 770-427-3390.

East Cobb Satellite of CHADD (Children & Adults w/Attention-Deficit/Hyperactivity Disorder)

• **Parental Support Group.** 2nd Tuesday of the month, 6:30-8pm. Mt. Bethel United Methodist Church (Room B109) 4385 Lower Roswell Road, Marietta. More info: Coppie Suttle, 404-368-9394, east-cobb@chadd.net, or www.chadd.net/300.

• **Emotions Anonymous.** A fellowship of people who come together to work toward recovery from emotional difficulties and discover a new way of life. Tuesdays & Fridays, 7pm. Roswell United Methodist Church, 614 Mimosa Boulevard, Counseling Building, Roswell. More info: 770-330-1991.

• **Families Anonymous (FA)** for families who have loved ones struggling with addiction. Every Tuesday, 7:30-9pm. Mt. Zion United Methodist Church Youth Center, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465.

• **Fractured Families for Parents Estranged from their Children.** 2nd and 4th Sunday of the month, 6:30pm. Call for location. More info: Sandy, 404-446-6093.

• **Georgia Parkinson's Association.** Parkinson's Support Group Meets the 3rd Saturday of each month, 1pm. Northside Hospital Cherokee Education Building, 130-B Oakside Court, Canton. More info: James Trussell, 706-413-3264 or james@gaparkinsons.org

• **Grandparents Raising Grandchildren Support Group.** 2nd Tuesday of the month, 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Jeannie, 770-919-9275.

• **Grief Support Group.** Every Wednesday, 6:30-8:30pm from mid-Fall to mid-Spring. An educational grief support group facilitated by two nationally recognized grief experts, a licensed clinical psychologist and an ordained pastor. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. More info: www.mtbethel.org/support.

• **Grief Support Group.** 3rd Thursday of the month, 7pm. Unity North, 4255 Sandy Plains Road. More info: Kathy Kelcourse, kathzkel@yahoo.com.

• **Grief Share.** 13-week program beginning the 3rd Monday of August from 7-9pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

• **JACS (Jewish Alcoholics, Chemically Dependent and Significant Others).** For Jewish members of 12 Step groups. 7-8pm. First and 3rd Tuesdays of the month except on Jewish holidays. Congregation Etz Chaim, in the library, 1190 Indian Hills Parkway, Marietta. More info: 770-928-2523 or teshuva@aol.com.

• **Loneliness Bereavement Support Group.** Every Wednesday except holidays, 11am. Heritage Hospice, 3315 Hilltop Drive, Marietta. More info: 770-423-5959.

• **Marietta Moms.** For all kinds of moms – new to the area, looking for new friends, or just needing support. Daily events for babies, toddlers, and older kids. 770-956-0318 or 678-357-3661.

• **Mothers Circle Group.** Are you a mother raising Jewish children but you are not Jewish? Free education and support through a 16-week course. Groups are held in Marietta, Intown and North Fulton. More info: Suzette Cohen, suzette@themotherscircle.org or www.themotherscircle.org.

• **Mothers of PreSchoolers (MOPS).** Wednesdays, 6:15-7:15pm. A place where moms can come to build friendships and receive mothering support, practical help and spiritual hope. Childcare provided. Mt. Zion United Methodist Church, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465 or mtzionmops@gmail.com.

• **Overeaters Anonymous.** A support group for those who suffer from the need to compulsively overeat. Monday-Wednesday-Friday, 10am. St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: Betsy: 404-226-4931.

• **Parents of Prodigals.** For parents of struggling teens and young adults. 2nd and 4th Thursday, 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Fair Brocard, 770-612-1197 or www.prodigalchildministries.org.

• **Parkinson's Disease Support Group.** For persons with Parkinson's disease and their caregivers. 2nd Sunday each month, 4pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Building A, Roswell. More info: Robin Cleveland, 678-819-3915.

• **Spousal Support Group.** 3rd Thursday of the month, 12-1pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

• **Veteran's Information Referral Office (VIRO).** Free help and information for all veterans with VA Disability, VA Healthcare, Employment and Counseling. 2nd and 4th Wednesday of the month, First and 4th Saturday of the month, 11am-2pm. American Legion, Post 29, 921 Gresham Avenue, Marietta. More info: 770-427-5900.

• **Widowed Helping Others (WHO).** Dinner social. First and 3rd Wednesday of the month, 6pm. St. Ann's Catholic Church, Nolan Hall, 4905 Roswell Road, Marietta. More info: St. Ann's Pastoral Care, 770-552-6400 ext. 6018.

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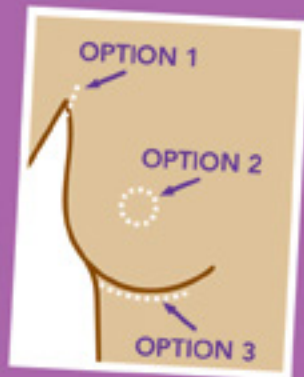
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¹Friedewald S, Rafferty E, Rose S, et al. Breast cancer screening using tomosynthesis in combination with digital mammography. JAMA. 2014;311(24):2499-2507.

²Rose S, Tidwell A, Bujnoch L, et al. Implementation of breast tomosynthesis in a routine screening practice: an observational study. AJR AM J Roentgenol. 2013;200(6):1401-1408.